



June 2, 2011

## OSHA's New Campaign to Prevent Heat Illness



### **WATER. REST. SHADE.**

*The work can't get done without them.*

**HEAT ILLNESS CAN BE DEADLY.** Every year, thousands of workers become sick from exposure to heat, and some even die. In fact, on average heat causes more fatalities than any other weather-related hazard, including tornados, floods and hurricanes. These illnesses and deaths are preventable.



OSHA is conducting a nationwide outreach campaign to raise awareness among workers and employers about the hazards of working outdoors in hot weather. The educational resources on its website give workers and employers information about heat illness and how to prevent it. There also are training tools for employers to use and posters to display at their worksites. Many of the new resources target those who do not speak English as a first language. OSHA will continue to add information and tools to this page throughout the summer.

This program is geared for employers and employees who perform work on a regular basis outdoors during higher heat/humidity periods during the year. This information also is beneficial to those who only periodically perform outdoor work and those weekend warriors performing outdoor home projects.

**Who is affected?** Workers exposed to hot and humid conditions are at risk for heat illness, especially those doing heavy work tasks or using bulky protective clothing and equipment. Some workers might be at greater risk than others if they have not built up a tolerance to hot conditions, are in poor physical condition, are older, or have heart disease, high blood pressure, or are taking certain medications.

**What is heat illness?** The body normally cools itself by sweating. During hot weather, especially with high humidity, sweating isn't enough. Body temperature can rise to dangerous levels if precautions are not taken. Heat illness ranges from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires immediate medical attention.

**How can heat illness be prevented?** Remember three simple words: water, rest, shade. Drinking water often, taking breaks, and limiting time in the heat can help prevent heat illness. Gradually build up to heavy work in hot conditions. This helps you build tolerance to the heat -- or become acclimated. Gradually increase workloads and allow more frequent breaks during the first week of work. Also, it's important to know and look out for the symptoms of heat illness in yourself and others during hot weather. Plan for an emergency and know what to do -- acting quickly can save lives!

For more information, visit <http://www.osha.gov/SLTC/heatillness/index.html>

## Did YOU Know

The U.S. Consumer Product Safety Commission announced a voluntary recall for several STIHL yard power products due to potential burn and fire hazards.



Blower, backpack

**Hazard:** The level of ethanol and other fuel additives can distort the fuel cap, allowing fuel to spill, posing a fire and burn hazard.

**Incidents/Injuries:** STIHL has received 81 reports of difficulty installing and/or removing the fuel caps and fuel spillage. No injuries have been reported.

**Actions to Take:** Consumers should immediately stop using these products and return them to an authorized STIHL dealer for a free repair. Consumers can contact STIHL for instructions on identifying these fuel caps.

For more information on this recall or a full list of products covered under this recall go to the [Consumer Product Safety Commission](http://www.cpsc.gov) or [STIHL](http://www.stihl.com) websites.

If you have questions, comments, or a topic you would like to see addressed: please send to Reneka Whicker at [reneka.a.whicker@nasa.gov](mailto:reneka.a.whicker@nasa.gov)

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